THURSDAY, JAN. 23, 2014
THE FORT JACKSON
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* TAX CENTER OPENS JAN. 31

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DONATION MAKES SHOOTING RANGE ACCESSIBLE TO DISABLED VETERANS

— PAGE 3

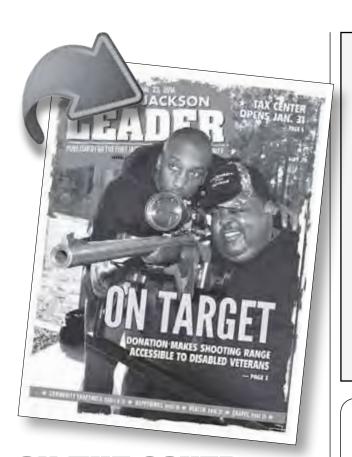
★ COMMUNITY SNAPSHOTS, PAGES 9-10 ★ HAPPENINGS, PAGE 19 ★ HEALTH, PAGE 22 ★ CHAPEL, PAGE 26 ★



Photo by DAVID SHANES, command photographer

Helping hands

More than 70 Soldiers, family members and civilians are honored for their volunteer service in the community at the Commanding General's Helping Hands awards ceremony, Tuesday at the Joe E. Mann Center.



ON THE COVER

Photo by WALLACE McBRIDE

Apollo Davis, left, assists disabled veteran Mike Steward with his weapon at Aachen Range during target practice. **SEE PAGE 3.**



Fort Jackson, South Carolina 29207

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Private donation removes an obstacle for disabled veterans

By WALLACE MCBRIDE

Fort Jackson Leader

Several months ago, shooting practice was a much different experience for Mike Steward. A disabled veteran, he was unable to get his wheelchair inside the bays at Aachen Range, and had to take aim at the targets from a nearby hill.

"I used to shoot on that mound," he said, pointing to the edge of Aachen Range, which is open to veterans for practice Saturday mornings. "The sun was coming down on our heads and, if it rained, we got wet."

The shooting bays are lined with rubber mulch and, until a few months ago, lacked a platform accessible for people with disabilities, said Mark Smyers, Fort Jackson outdoor recreation director.

"We installed a solid surface that can actually be removed if needed," he said. "We put a solid platform over that rubber mulch. We want to get these guys out and utilizing our spaces."



There are millions of spinal cord injuries, but no two are the same. I have to figure out what's best for me.

> Mike Steward disabled veteran



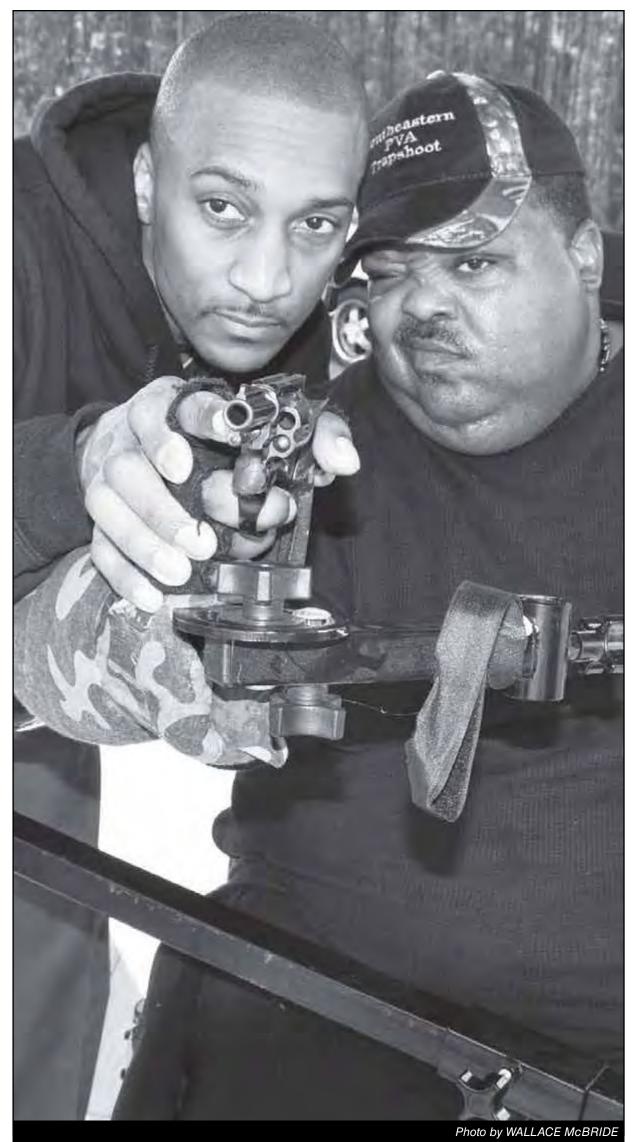
The ramp was donated by spouses Bill and Jerry Braun, of the Southeastern Paralyzed Veterans of America, who are both disabled veterans.

The Paralyzed Veterans of America also introduced Steward to various apparatuses designed to help people overcome disabilities. At Aachen Range, he uses stabilizing bars that are attached to his wheelchair that help him to aim his weapons, which include a .45-70-caliber rifle, a .45-caliber handgun, and a .32-caliber revolver.

"There are still some problems with this apparatus," he said. "But, the more I use it, the better I get. You've got to find out what works for you. There are millions of spinal cord injuries, but no two are the same. I have to figure out what's best for me. They give you the equipment and it's up to you to get the best benefit out of it."

An Air Force veteran, Steward was diagnosed with congenital stenosis in 1986. This condition, a narrowing of the spinal canal that exists at birth, puts the affected person at increased risk of injuring the spinal cord.

See **RANGE:** Page 8



Apollo Davis, left, helps disabled veteran Mike Steward ready his weapon during target practice at Aachen Range. A private donation has made it possible for wheelchairs to be used inside one of the shooting bays at the range.

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Tax season begins Jan. 31

By WALLACE McBRIDE

Fort Jackson Leader

The Fort Jackson Tax Center is scheduled to open for business at the end of the month.

Staff will be on hand to help service members, retirees, dependents and other eligible patrons prepare their taxes for the 2013 year, said Capt. Mark Starchman, an Office of the Staff Judge Advocate representative.

The doors are scheduled to open 1:30 p.m. Jan. 31, with services running until April 15. Starchman said customers should bring all documents relevant to their income in the 2013 tax year.

"The IRS will start to accept taxes on Jan. 31, but not everybody is going to have everything they need that day," Starchman said. "Not everybody gets those documents right away, so you shouldn't come in until you get all the paperwork you need and have everything in order."

People should also bring a form of identification, preferably a military ID card or a driver's license, as well as a social security card, and social security numbers of anyone jointly filing or being claimed as a dependent.

Social Security cards are mandatory, Starchman said. "There is no substitute," he said, reminding customers

to also bring with them documentation from the previous year's taxes. "It helps keep people from missing things they might not have thought of."

If you plan to itemize, remember to bring all relevant receipts.

"You will want to bring in receipt records of charitable donations, educational expenses, work-related expenses," Starchman said. "Most people who are itemizing certain things already know what they're trying to deduct. When they call in, we'll certainly advise them on what they need to bring."

The following people qualify to receive free tax return preparation services:

- All active-duty service members and their dependents (provided they can show a military ID entitling them to
- All retirees and their dependents (provided that they can show a military ID entitling them to service).
- Reservists and National Guard Soldiers activated on Title 10 status for a period of at least 29 days (provided they can show orders verifying their status and activation period).

The following people do not qualify for services:

■ DoD Civilians (unless they can prove that they're entitled another way, such as retirement).

- Reservists and National Guard Soldiers on Title 32 status or on Title 10 status for a period fewer than 29 days.
- All others who cannot provide a military ID showing that they are entitled to tax prep services.

Last year, the Fort Jackson Tax Center served 2,884 customers, Starchman said. The office completed 3,132 tax returns, generating more than \$3.7 million in refunds and saving the Fort Jackson community almost \$500,000 in tax preparation fees.

These tax preparation services fall under AR 27-3 as an authorized means of legal assistance to the military and its retirees. Branch of service does not matter. The same people who qualify for legal assistance at the Office of the Staff Judge Advocate also qualify for tax prep services.

The Fort Jackson Tax Center is located at 4282 Jackson Blvd., near post headquarters. The hours of operation at 9 a.m. to 6 p.m., Monday through Friday. Although walk-ins are welcome, Starchman said customers are encouraged to make an appointment for this visit.

"It's not mandatory," Starchman said. "But, people who come in as a walk-in might be looking at a very long wait time."

Call 751-JTAX (5829) to schedule an appointment. Milton.W.McBride3.ctr@mail.mil



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Article submissions are due two weeks before publication. For example, an article for the Feb. 6 Leader must be submitted by today.

Announcement submissions are due one week before publication. For example, an announcement for the Feb. 6 Leader must be submitted by Jan. 30.

Send your submissions to FJLeader@gmail.com. For more information, call 751-7045.

News and Notes

MLK LUNCHEON SCHEDULED

Fort Jackson's luncheon in observance of Martin Luther King Day is scheduled from 11:30 a m. to 1 p m., Friday at the Solomon Center. The guest speaker is retired Maj. Gen. Abraham Turner. Turner is a former commander of Fort Jackson and currently serves as president and CEO of AT Consulting Group. Tickets cost \$10.50. For more information, call 751-4117 or 751-2990.

CFC VICTORY CELEBRATION ON TAP

The Combined Federal Campaign will come to a close with a victory celebration from 11:30 a m. to 1:30 p.m., today at the Officers' Club. To RSVP, call 751-3890 or email matthew.maylel@us.army.mil.

SAMCA INDUCTION SCHEDULE

The Sergeant Audie Murphy Club Association will induct four Soldiers during a ceremony at 10:30 a.m., Jan. 31 at the NCO Club. The inductees are Sgt. 1st Class Matthew Torres, Staff Sgt. Ashley Tuggle, Staff Sgt. Juliana Morrison, all with the Drill Sergeant School, and Staff Sgt. Laketra Wilson, 369th Adjutant General Battalion.

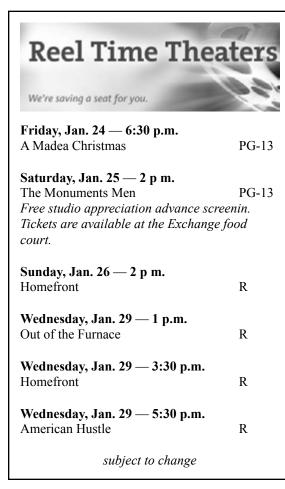
NATIONAL PRAYER BREAKFAST SET

The Fort Jackson National Prayer Breakfast is scheduled for 8 a.m., Feb. 4 at the NCO Club. The guest speaker will be Air Force Chaplain (Col.) Douglas Slater Sr., commandant of the U.S. Air Force Chaplain Corps College. For tickets, see your unit's command sergeant major or chaplain's office personnel. The suggested donation is \$5.

JOB FAIR SCHEDULED

A "Hiring Our Heroes" job fair is scheduled from 10 a m. to 2 p m., Feb. 11 at the Solomon Center. An employment workshop will take place before the event at 9 a m. To register, visit www.hoh.greatjob.net.

Information subject to change.



TRADOC: Strategic Landpower concept to change Army doctrine

By GARY SHEFTICK

Army News Service

WASHINGTON — The Army's doctrine will change dramatically in the near future as joint leaders develop the operational concept of Strategic Landpower, said Gen. Robert Cone.

One change will be a seventh warfighting function called "engagement," said Cone, who serves as commanding general of the U.S. Army Training and Doctrine Command.

He told those at the Association of the United States Army Aviation Symposium in Arlington, Va., Jan. 15, that the new warfighting function would involve skills used to influence foreign governments and militaries.

Relationships with the Special Operations community that the Army has formed over the past 12 years should be preserved and institutionalized in the Strategic Landpower concept. So should gains in battlefield intelligence, Cone said.

"Unless we continue to exercise these skills, we will lose them and pay for it again in blood," Cone said.

JOINT TASK FORCE

The Strategic Landpower Task Force that Cone presides over is a joint effort with the Marine Corps and U.S. Special Operations Command, or SOCOM. While Cone is president of the task force, he said the board of directors include Chief of Staff of the Army Gen. Ray Odierno, Commandant of the Marine Corps Gen. James Amos and SOCOM Commander Adm. William H. McRaven.

The task force was formed partly to counter critics who believe "precision strikes" by air and sea power can win a war without boots on the ground.

"While human beings transit air and transit sea, they live on the land," Cone said. "And so your strategic outcomes are going to take place on the land."

Any strategy that relies on only two elements of the joint triad is doomed to be problematic, he said.

NET-CENTRIC WARFARE

The Army was captivated from 2001 to 2003 with something called "precision strike" or "net-centric warfare," Cone said. He explained the fundamental premise was viewing an adversary as a "complex, adaptive system."

"You identified critical nodes, and then you essentially used precision strikes to take out those nodes that brought about the systemic collapse of the enemy, which resulted in the enemy's capitulation," Cone said.

Before invading Iraq, Cone said he



Photo by GARY SHEFTICK, Army News Service

'Strategic Landpower is not a strategy, it's an operational concept,' says Gen. Robert Cone, TRADOC commander, as he speaks at the AUSA Aviation Symposium Jan. 15, in Arlington, Va.

even took part in a "capitulation exercise" at Camp New York, Kuwait. He said many fully expected invading forces to be greeted as liberators.

"How did that work for us?" he asked, adding that the Iraqis "flipped the thing over on its head" and began a bloody insurgency.

"War is fundamentally a clash of human wills," Cone said. "Technology is secondary."

HUMAN TERRAIN

Before invading Iraq, Cone admitted that he didn't think much of human terrain skills. He said the campaign was originally planned "sort of independent of the people, the culture, the language, the history ..."

But he said 12 years later, after tours in Iraq and Afghanistan, he's the biggest advocate of what the Army has learned about human terrain. He warned that human terrain skills are especially perishable.

"You know what will happen if budgets retract," Cone said. "The first things they will cut are the linguistic skills (and) the human terrain systems."

He said that the military has come a long way in battlefield intelligence and human terrain systems over the past 12 years, but he emphasized they must be institutionalized.

"Is there a human domain" in warfare? Cone asked.

The Special Operations Forces community is adamant that there is, Cone said, but the Marine Corps disagrees. He cited the disagreement as an example of the issues the task force is sorting out as it forms its Strategic Landpower concept.

The joint differences are one reason that the operational concept is taking some time, Cone said, citing that the seven-page Strategic Landpower White Paper took five months to complete.

If it takes time to pave the right path, that's alright, Cone said, because the Strategic Landpower concept needs to be enduring.

"On the institutional side, I got to tell you, I can't wait to write an operational concept and then change all of doctrine in the coming years," Cone said.

CHANGES ALREADY DECIDED

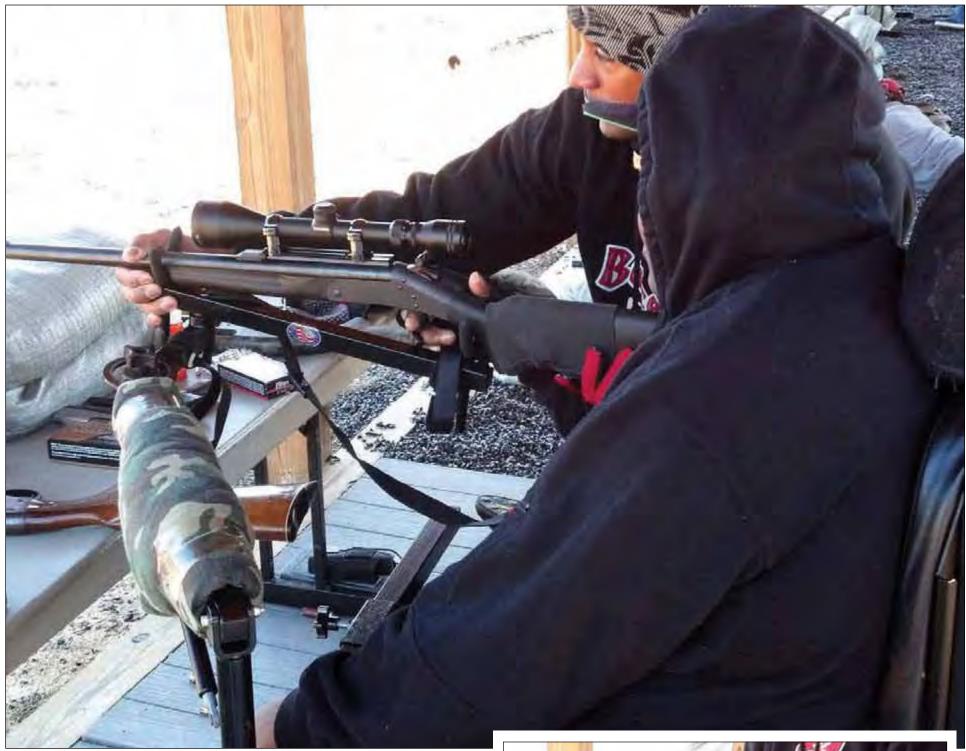
Some decisions have already been made, Cone said. Special Operations has been added as an Army competency.

"You'll have combined arms maneuver, you'll have wide-area security and you'll have special operations," Cone said

To the six warfighting functions, the Army will add another called "engagement," Cone said.

Many of the skills, tasks and systems associated with "influence activities" were formerly clustered under "mission command." But now enough lessons have been learned and the skills are so important, he said the Army will be better served to conceptualize them under a seventh warfighting function.

"The Army's world has been rocked, as we talk about the direction in which we're headed," Cone said. "All of the supporting systems have to come together and understand what the implications are for the future to make sure we treat our Soldiers fairly in terms of career management fields, in terms of promotion opportunities and in terms of training options."



Range

Continued from Page 3

"It's a progressive disorder that's aggravated as time goes on," he said. "Some people it bothers, others it doesn't. It's a very rare birth defect. I did military service and played sports in high school ... it's very hard to detect."

Steward has been an advocate for people with disabilities in Columbia since 1989.

"I started advocating for myself, and found other people who'd met some of the same barriers," he said. "I joined the Paralyzed Veterans of America as a volunteer and started advocating for people with disabilities. I felt like, if I could do it and help other people, it was a win-win-situation for everybody."

While Steward has been physically active his entire life, he said marksmanship is a recent hobby.

"I didn't know how I was going to

do it," he said. "I'm quadriplegic. I have limitations, but I don't let that get in my way. I hunt and fish, I garden, I bowl ... Fort Jackson has helped us in getting over some of the hurdles of being active in the community."

The Southeastern Disabled Veterans Association has also donated a piece of equipment to the Perez Fitness Center which is available for everybody to use, while also providing workout options for the disabled. The "rickshaw" is designed for wheelchair users to strengthen the arm and shoulder muscles.

"It is plate loaded and helps to build arm strength and upper body strength," said Donna Madl, Perez Fitness Center facility manager. She said the equipment is open to everyone to use, but is especially valuable for people with wheelchairs.

"We try to keep our layout accessible for the disabled," she said.

"There are hurdles, but you can get over them with help," Steward said. "You're only disabled if you think you are, because there's nothing you can't do with help."

Milton.W.McBride3.ctr@mail.mil



Courtesy photos

An assistant helps Mike Steward ready his weapons at Aachen Range during shooting practice last weekend. A ramp was recently installed that allows disabled veterans access to one of the bays at the range, a private donation to the post from disabled veterans activists.



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Honoring a hero

U.S. Army Central Soldiers join Lt. Col. Thomas Verell Jr., Headquarters and Headquarters Battalion commander, left, and Brig. Gen. David Coburn, USARCENT's director of resource management, during an induction ceremony at Shaw Air Force Base's Patton Hall, Jan. 15, to honor the memory of Staff Sgt. Ruben Rivers, a Third Army Medal of Honor recipient and one of seven African-American Soldiers to receive the award. Rivers served with Third Army, now known as U. S. Army Central, during World War II. He was killed Nov. 19, 1944, while directing barrage on German anti-tank guns, allowing his trapped comrades to escape alive. Rivers was awarded the Medal of Honor by former President Bill Clinton on Jan. 13, 1997.

Photo by SGT. SHARMAIN BURCH, U.S. Army Central



Legislation changes UCMJ for sex crimes

By DAVID VERGUN

Army News Service

WASHINGTON — The National Defense Authorization Act, passed last month, requires sweeping changes to the Uniform Code of Military Justice, particularly in cases of rape and sexual assault.

"These are the most changes to the Manual for Courts-Martial that we've seen since a full committee studied it decades ago," said Lt. Col. John Kiel Jr., the Policy Branch chief at the Army's Criminal Law Division in the Office of the Judge Advocate General.

Key provisions of the Uniform Code of Military Justice, known throughout the military as the UCMJ, that were rewritten under the National Defense Authorization Act for fiscal year 2014, or NDAA14 — signed Dec. 26 by President Obama — are Articles 32, 60, 120 and 125.

ARTICLE 32

NDAA14 now requires the services to have judge advocates serve as Article 32 investigating officers, or IOs. Previously, the Army was the only service where judge advocates routinely did not serve as Article 32 IOs.

Article 32 hearings are held to determine if there is enough evidence to warrant a general court-martial — the most serious type of court-martial used for felony-level offenses like rape and murder.

Congress decided that the services needed to have trained lawyers — judge advocates — consider the evidence, since in their view, trained lawyers are often in the best position to make determinations to go forward with general courts-martial, he said.

The reason judge advocates didn't always serve as 32 IOs in the Army was "largely because we try four times the number of cases of any of the other services," meaning that it's an issue of not having enough judge advocates for the high volume of cases.

The Army asked Congress to consider its resourcing issue, he said, so the legislators wrote an exception, stating that "where practicable, you will have a judge advocate conduct the Article 32 investigation," he said.

Kiel explained what "where practicable" means, citing a number of circumstances where it could apply:

A lot of courts-martial were conducted over the years in Iraq and Afghanistan, where Soldiers were deployed. Some of those involved war crimes, he said. In these cases, the Army found it was sometimes best to have line officers be the Article 32 IOs because they could best put themselves in the shoes of the accused.

Those line officers "understood what it's like to make decisions in the heat of battle better than a lawyer without those experiences. They added a level of judgment that sometimes judge advocates could not."

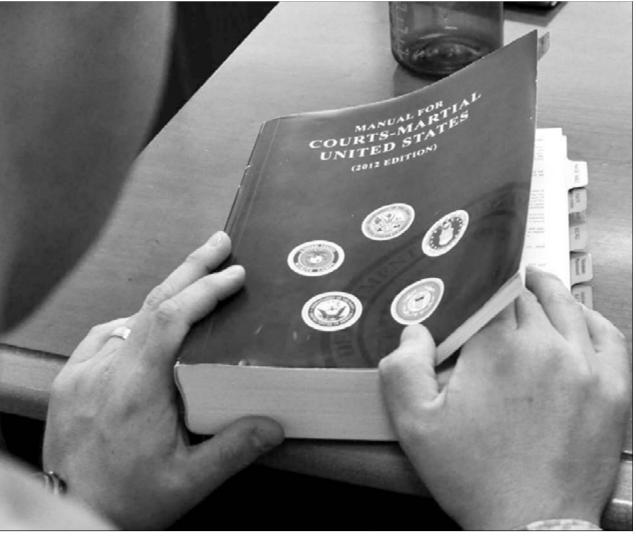
Another example, he said, might be travel fraud.

"In the case of complex TDY (temporary duty) fraud for instance, you might want to have a finance officer as the IO," he explained.

Besides subject-matter experts being in the best position to be Article 32 IOs, there might simply not be enough judge advocates in the area of the installation, he said. For example, there would likely be enough judge advocates in U.S. Army Forces Command to do 32 hearings, but if a number of hearings came up at once in U.S. Army Training and Doctrine Command installations, they might come up short.

That might jeopardize the right of an accused to a speedy trial if the clock runs out, he noted. And, if a judge advocate is flown in from another installation, travel costs would be incurred.

"Those are very real situations that could impact the



Air Force photo by STAFF SGT. NICHOLAS RAU

Sweeping changes to the Manual for Courts-Martial have been brought about by the National Defense Authorization Act for fiscal year 2014, signed Dec. 26, according to an expert in the Army's Office of the Judge Advocate General.

ability to get it done expeditiously and cost effectively," he explained.

Other attorneys on an installation cannot always be tapped for Article 32 IO work, he said.

On larger installations, "we have operational law attorneys who potentially could cover down on some of these areas, but we don't have a lot of those."

On other installations, administrative law attorneys might have conflicts of interest if they have previously rendered some kind of legal review on a case for example, he said.

"And, our administrative law attorneys are always busy reviewing various sorts of investigations and helping the command deal with such things as ethics and family readiness issues," he continued.

"Then we have our criminal law advocates, trial counsels and defense counsels," he said. "They're all conflicted out from being IOs, because they're actually tasked with presenting evidence during the 32 as they're acting as counsel to the government or to the accused."

NDAA14 gives the services one year to phase in this change to Article 32, stipulating that where practicable, judge advocates conduct the investigations.

This one-year period provides time for the staff judge advocates to figure out if they have enough judge advocates to fill the requirement to cover down on all the Article 32 hearings and determine which installations are struggling to meet the requirements, he said.

Another impact to courts-martial practice is the new requirement for a special victims counsel, Kiel said.

The special victims counsels' task is to provide support and advice to alleged victims, he said. For example, they must inform the victim of any upcoming hearings — pretrial confinement, parole board, clemency and so on — and inform the victim that he or she can choose to attend any of those. As well, the victim will be notified in advance of trial dates and be informed of any delays.

Furthermore, he said, the special victims counsels may represent the alleged victims during trial, making sure that their rights are not violated, like under the Rape Shield Rule, for example.

The Rape Shield Rule, or Military Rule of Evidence 412, prevents admission of evidence concerning sexual predisposition and behavior of an alleged victim of sexual assault.

Kiel provided an aside regarding the Rape Shield Law and how a high-visibility case a few months ago, involving football players at the U.S. Naval Academy, influenced changes to Article 32 by Congress.

In that case, the defense counsel had the victim on the stand for three days of questioning about the alleged victim's motivations, medical history, apparel and so on during the Article 32 hearing, he said. The cross-examination was perceived by the public and Congress to be disgraceful and degrading, and potentially violating the federal Rape Shield Rule.

With passage of NDAA14, alleged rape and sexual assault victims are no longer subject to that kind of interrogation at the Article 32 hearing, he said.

Previous to NDAA14, alleged victims of sexual assault were ordered to show up at Article 32 hearings and frequently were asked to testify during those hearings as well.

See **UCMJ:** Page 18



Army photo by KIM ZAMARRIPA

Jessica Etienne, a beneficiary services branch health care assistant who works in the Carl R. Darnall Army Medical Center TRICARE Services Center, at Fort Hood, Texas, talks to a patient about her special medical needs and services that are available to her.

TRICARE ends walk-in services

By JIM GARAMONE

American Forces Press Service

WASHINGTON — TRICARE military health plan service centers will end administrative walk-in services in the United States on April 1, Pentagon officials said recently.

Although the 189 facilities will stop taking walk-ins, beneficiaries can accomplish any administrative task online or by phone, said Pentagon spokesman Col. Steve Warren.

TRICARE service centers overseas are not affected, Warren said.

"The change will not — let me repeat that — will not affect any TRICARE medical benefit or health care service," he emphasized. "What it will do is allow the department to save \$250 million over the next five years, allowing TRICARE to invest in more important services."

Fifty percent of the visits to the centers are for in- and

out-processing and requests to change primary care providers, and the rest involve billing-related questions, officials said. The Defense Department spends roughly \$50 million a year on these services, and this type of customer service can be handled more efficiently by phone or online, Warren added.

TRICARE gets about 38,000 page views per day on its website. Officials have run tests to ensure the website and call center can handle the expected increase in volume.

The TRICARE service centers have been around since the 1990s, and contractors staff them, Warren said.

"This is being driven by the fact that technology has gotten so much better," he added. Customers who need the type of assistance that was being done in these walk-in service centers can quickly and efficiently receive help online or via phone, he said.

Beneficiaries can get more information and sign up for updates at www.tricare.mil/tsc.

MACH APPOINTMENT SYSTEM ISSUES

Moncrief Army Community Hospital is having problems with its centralized appointment system.

If you are on hold for longer than 10 minutes, please hang up and call Tonya Dinkins at 751-2085 or Linda Campbell at 751-2059.

The telephone lines are being worked on to resolve the issue as quickly as possible.

TRICARE online is available to book appointments 24 hours a day.



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UCMJ

Continued from Page 14

"Congress thought that wasn't fair since civilian victims of sexual assault didn't have to show up or testify," he said. "Now, any victim of a crime who suffers pecuniary, emotional or physical harm, and is named in one of the charges as a victim, does not have to testify at the hearing."

ARTICLE 60

Like Article 32 changes, modifications to Article 60 are to be phased in over the course of 12 months. Article 60 involves pre-trial agreements and actions by the convening authority in modifying or setting aside findings of a case or reducing sentencing.

A convening authority could, in the past, do that, and some did, though rarely.

In NDAA14, legislators said the convening authority can no longer adjust any findings of guilt for felony offenses where the sentence is longer than six months or contains a discharge. They cannot change findings for any sex crime, irrespective of sentencing time.

One way a commander can still modify a sentence is "if the trial counsel comes forward and says, 'This particular accused was very helpful in securing evidence or cooperating with the government in prosecuting someone who was accused of committing an offense under the UCMJ.' That is a trigger for the convening authority to be able to modify a sentence," Kiel said.

The other way a convening authority can modify a sentence, even involving rape and sexual assault, is if a pre-trial agreement is in place, he said, meaning that the case could close, but the pre-trial agreement would still take effect.

Congress realized that Article 60 was still needed to continue the option for pre-trial agreements, he said. Had Article 60 been done away with altogether, that "would have likely meant all courts-martial would have gone to full contest and that would have bottlenecked the entire process."

It also would have meant that all alleged victims of sexual assault would have likely had to testify if Article 60 were voided

"Sometimes victims supported the pre-trial agreement, supported the potential sentence and supported the fact that

they didn't have to testify — when it was in their best individual interest," he said.

Other changes to courts-martial practice were made.

Prior to NDAA14, the convening authority could consider the military character of the accused, he said, in considering how to dispose of a case. Congress decided that should have no bearing on whether or not the accused has committed a sexual assault or other type of felony.

Also, previous to NDAA14, "sometimes the SJA would say, 'Take the case to a general court-martial,' and the convening authority would disagree and say, 'I'm not going forward.'" Now, he said, "if the convening authority disagrees, the case has to go to the secretary of the service concerned and he would have to decide whether to go forward or not."

Additionally, in the case of an alleged rape or sexual assault where "the SJA and the convening authority say don't go forward because there's a lack of evidence or for whatever reason, that case has to go up to the next highest general court-martial convening authority and they will do an independent review," Kiel said.

So if the case occurred, say at the division level in the Army, and a decision were made at that level not to go forward, then the division would need to take the victim's statements, its own statements for declining the case, and forward them and the entire investigative file to the next level up — in this case, the corps.

At the corps level, the SJA and the corps commander would then review the file, look at the evidence and make a determination whether or not to go forward, Kiel explained.

If it is decided to move forward, to avoid unlawful command influence, the case would be referred at the corps level instead of sending it back down to the division, he added.

ARTICLES 120 and 125

Under Articles 120 and 125 there are now mandatory minimum punishments. The minimum punishment for the Soldier convicted is dishonorable discharge for enlisted and dismissal for an officer, Kiel said.

Article 120 deals with rape and sexual assault upon adults or children and other sex crimes and Article 125 deals with forcible sodomy.

Now, the accused must appear before a general court-martial with no opportunity to be tried at a summary or special court-martial, Kiel said.

A summary court-martial is for relatively minor misconduct and a special court-martial is for an intermediate-level



offense.

Furthermore, Congress highly encouraged the services not to dispose of sexual assault cases with adverse administrative action or an Article 15, which involves non-judicial punishment usually reserved for minor disciplinary offenses, Kiel said.

Rather, Congress desires those cases to be tried at a general court-martial and has mandated that all sexual assault and rape cases be tried only by general courts-martial. And finally, prior to NDAA14, there was a five-year statute of limitations on rape and sexual assault on adults and children under Article 120 cases. Now, there's no statute of limitations, he said.

Congress also repealed the offense of consensual sodomy under Article 125 in keeping with previous Supreme Court precedent, Kiel said.

Congress also barred anyone who has been convicted of rape, sexual assault, incest or forcible sodomy under state or federal law, from enlisting or being commissioned into military service.

WHAT'S AHEAD

Congress could make even more changes that address sexual assaults in the military as early as this month as they are back in session and discussing this.

Later this year, changes to the Manual for Courts-Martial should be signed by the president once it has been reviewed by the services, the national security staff, Defense Department and other agencies, Kiel said. The updated manual would codify all the changes, although some are already in effect.

SPORTS

WINTER BASKETBALL STANDINGS

Monday/Wednesday league

187th)- I
MEDDAC	2-0
2-60th	-0
USADSS)-2
3-60th)-1
4-10th	2-0
81st	-1
SF)-2
VA)-1

Tuesday/Thursday league

ruesuay/riiursuay league
SSI2-0
1-34th
MPs
1-13th 0-2
3-13th
175th
171st 0-1
MWR0-1
NF
Standings as of Jan. 21

LEADER DEADLINES

Article submissions are due two weeks before publication. For example, an article for the Feb. 6 Leader must be submitted by today. Announcement submissions are due one week before publication. For example, an announcement for the Feb. 6 Leader must be submitted by Jan. 30.

Send your submissions to FJLeader $@\,$ gmail.com.

For more information, call 751-7045.



Calendar

Today

Combined Federal Campaign victory celebration

11:30 a m. to 1:30 p m., Officers' Club To RSVP, call 751-3890.

Martin Luther King Jr. Day observance

11:30 a m. to 1 p m., Solomon Center The guest speaker will be retired Maj. Gen. Abraham Turner

Saturday

Boxing smoker

5:30 p m., Solomon Center

Tuesday, Jan. 28 — Thursday, Jan. 30 Comprehensive Soldier and Family Fitness — Spouse course

8:30 a.m. to 12:30 p.m., 3301 Magruder Ave., Classroom 2

For more information and to register, call 751-9720.

Friday, Jan. 31 Sergeant Audie Murphy Club induction ceremony 10:30 a.m., NCO Club

Friday, Jan. 31 CYSS penny carnival

5 to 9 p m., Solomon Center

Friday, Feb. 7 First Friday golf tournament 1 p.m., Fort Jackson Golf Club

Friday, Feb. 7 Victory Spouses Club

Denim and Diamonds event 6:30 p m., Weston Lake

Sunday, Feb. 9

Valentine's Day couples golf tournament 1 p.m., Fort Jackson Golf Club

Monday, Feb. 10 and Tuesday, Feb. 11 Military clothing reclamation sale

8 a m. to 3 p m., 2570 Warehouse Row The cash-only sale is open to military of all ranks and military retirees. For more information, call 751-7213.

Tuesday, Feb. 11 Hiring our Heroes job fair

10 a m. to 2 p m., Solomon Center To register, visit www.hoh.greatjob.net.

Wednesday, Feb. 19 Shred day

9 a m. to 1 p m., Recycling Center All types of paper with sensitive information will be accepted. For more information, call 751-4208.

Thursday, Feb. 20 Renters 101 seminar

11:30 a.m. to 1:30 p m., Post Conference

A light lunch will be provided. For more information and to register, call 751-9339/5788/7566/9323.

Announcements

LIBERTY LOUNGE CLOSED

The Liberty Lounge at the NCO Club is closed until further notice because of water damage. Magruders Club and Pub opens at 4:30 p m., Monday through Saturday and at noon, Sundays. Magruders Club and Pub offers a full-service bar, full menu, pool tables, dart boards and more than 20 fullscreen TVs.

GARDEN PLOTS RENEWAL

Permits for Victory Gardens and Family Housing garden plots may be renewed this month. Permits are valid from Feb. 1 through Jan. 31, 2015. Garden plots are issued first to permanent party Soldiers, next to retired military. Remaining garden plots are available to civilian personnel.

SPORTS SHORTS

- Letters of intent for recreational and active-duty darts are due Jan. 23. The league plays on Thursdays at Magruder's Club and
- Letters of intent 6/6 soccer are due Jan. 28. The league is open to all adult ID card holders.
- The President's Day 5K walk/run is scheduled for 8 a m., Feb. 15 at Twin Lakes. For more information, call the Sports Office at 751-3096.

YOUTH SPORTS REGISTRATION

Youth Sports registration is now open for spring soccer for children 3 to 5 (\$20); and for children 6 to 16 (\$40). Registration is also open for track and field (6-14, \$40); and traveling baseball (9-14, \$45). Registration runs through Feb. 28.

SAT/ACT TESTING

The Education Center will administer SAT testing on Jan. 30, May 29 and Oct. 30. ACT testing will be available July 31. Testing is available to eligible service members only. For more information and to register, call 751-5341.

EXCHANGE RETURN PERIOD

The Exchange has extended its return/ exchange period for all items purchased www.tsa.gov.

between Nov. 1 and Dec. 24. Items may be returned until Jan. 31 with a sales receipt.

SCHOLARSHIP OPPORTUNITIES

- The Army Engineer Spouses' Club announced the 2014 Army Engineer Memorial Awards and the 2014 Geraldine K. Morris Award. For more information on the scholarships, visit www.armyengineerspouses. com/scholarships.html.
- Applications for the 2014 Scholarships for Military Children program are available at commissaries worldwide or at www. militaryscholar.org. Applications must be turned in to a commissary by close of business Feb. 28. For more information, call (856) 616-9311 or email militaryscholar@ scholarshipmanagers.com.

THRIFT SHOP NEWS

- The Thrift Shop is looking for a cashier and a floor monitor.
- Units can pick any business day to work at the Thrift Shop. Units who supply at least four people to work for two hours will receive a donation. For more information, contact Kim at the store.
- Consignments will be accepted starting Tuesday.

Information is subject to change. Visit the community calendar at www.jackson. army.mil. for a full listing of calendar events. Send your announcements to fileader@gmail.com. Announcements are due one week before the publication date. For more information, call 751-7045. Community announcements may be edited to comply with Leader style and Public Affairs regulations.

Off-post events

The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to service members and their fami-

AIRPORT OFFERS TSA PRE-CHECK

Columbia Metropolitan Airport is now providing expedited screening for service members. For more information, visit

Housing happenings

MAYORS NEEDED

The mayoral council is looking for volunteers to serve as mayors for the Fort Jackson housing communities. Being a part of the council allows residents to be a voice for the community. Child care is provided while performing mayoral duties. Positions are currently available in Pierce Terrace 1, Pierce Terrace 2, Pierce Terrace 3, Pierce Terrace 5, Pierce Terrace 6, Pierce Terrace 7 and Howie Village. Interested residents should contact Vickie Grier at 751-7567.

HOUSING ON FACEBOOK

The Housing Services Office is now on Facebook. Look for "Fort Jackson Housing Division."

2014 SEMINAR SCHEDULE

The Housing Services Office is in the process of developing housing seminars for 2014. Community members can provide feedback about which classes they are interested in. Topics may include homeownership, short sales, purchasing distressed properties, for sale by owner, etc.

BALFOUR BEATTY HOURS

Saturday operating hours for Balfour Beatty Communities are now 10 a m. to 4 p m.

RV LOT

Recreational vehicles are not allowed to remain in the housing area except for loading and unloading. The Housing RV Storage Lot is authorized only for on-post residents who have registered their RV with the Housing Office at 4514 Stuart Ave. Registration of your RV is required before using the facility. Proof of residency, insurance and registration is required.

Unauthorized RVs found in the storage lot will be towed at the owner's expense. For more information or to register your vehicle, call 751-9339.

HOME CHECKS

Residents who are leaving for vacation can call 787-6416 to have Balfour Beatty Communities check on the home while they're away.

Leader deadlines

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Strategies prevent office weight gain

By LT. COL. TWYLA LEIGH U.S. Army Public Health Command

It's been a long day at the office. Visions of the vending machine flash through your mind. Caffeine and sugar are calling your name. Stop! The additional 140 calories from a 12-ounce can of soda and 220 calories (or more) from a candy bar or bagged snack, if consumed on most work days, will create a weight gain of approximately 25 pounds per year. Even if the soda is diet and only the candy or bagged snack is eaten, expect a weight gain of 15 pounds per year. Add to that the extra calories we eat when someone brings in donuts or "goodies" to the office, or what about that desktop candy jar? These office hazards add to inevitable weight gain that most of us blame on aging, heredity or a slow metabolism.

In addition, technology has created an environment (office and home) that promotes sedentary behaviors. Studies have shown that sitting too much during your waking hours (whether it is at your desk, in meetings or in front of the television) is detrimental to your health and may increase your risk of cardiovascular disease and other chronic diseases. In addition, sitting too much and lack of physical activity can contribute to weight gain.

Healthy nutrition coupled with activity are two of the three key components of health defined in the Army surgeon general's Performance Triad (the third is quality sleep). Quality nutrition promotes health, prevents disease and contributes to achieving and maintaining a healthy body weight. We think better, feel better and perform better when our bodies are well nourished.

We are not destined to work in "obesifying" office conditions and can make positive changes in our work world to manage our health and weight. Be prepared for office pitfalls (even if you work from home) and plan ahead.



Here is a list of strategies to consider for a healthier work environment:

- Eat breakfast. People who skip breakfast start the day at a disadvantage. They may start grazing early and feel they have no willpower or resistance to sugary and fatty foods that they might otherwise avoid.
- Bring healthy (and portion-controlled) lunches and snacks. Prepare your lunch and snacks the night before. By doing this you have complete control over the size of your meals and what goes in your body, and you save money, too. In addition, having healthier, portion-controlled snacks on hand will keep you from visiting the vending machine.
- Eat mindfully. No matter what you are eating, focus on the smell, taste and crunch. Avoid eating while you are working at the computer. This type of multitasking doesn't allow you to realize that you are satisfied with your snack or meal and you may be tempted to keep "grazing." Try eating in a relaxing area away from your desk instead.
- Think thirsty, not hungry. Have lots of cool water on hand

to drink throughout the day. Many times we think we are hungry and overeat when we have not had enough fluids. Watch those sugary, calorie-laden cold and hot beverages.

- Sit less, move more. Grab a movement break. Stand up and stretch. Take a 10-minute walk break and get some steps in to reach the recommended Performance Triad goal of 10,000 steps daily. Walk briskly to meetings. Take the stairs instead of the elevator. Park your car at the farthest point in the parking lot. Limit phone calls to co-workers and walk over instead.
- Identify supportive co-workers. Share recipe ideas for healthy snacks. Encourage one another to eat healthy and exercise more.
- Change the office culture. Model good eating. If you bring in a snack to share, make it healthy fresh fruit, whole grains and lower fat recipes. Suggest non-food rewards and celebrations. Positive recognition and certificates of appreciation add to a supportive, productive and healthier work culture.

MACH UPDATES

MACH MAIN ENTRANCE CLOSED

The main (ground floor) entrance at Moncrief Army Community Hospital will be closed for renovation through July 31. Visitors are asked to pay attention to the signs posted for entry into the hospital and patient drop-off.

URGENT CARE HOURS CHANGE

The Urgent Care Clinic at Moncrief Army Community Hospital is now open from 6 a m. to 10 p.m. Patients need to sign in before 9:30 p m. Patients who need emergency care should call 911 or proceed to the nearest emergency room. Patients enrolled in TRICARE Prime who need non-emergency care can schedule an appointment online at www.tricareon-line.com, call their primary care provider or call 751-CARE (2273) during regular duty hours.

IMMIGRATION EXAMS

The Department of Preventive Medicine at Moncrief Army Community Hospital provides complete immigration exams, including physical exams, tuberculosis screening, laboratory tests and immunizations for TRICARE-eligible beneficiaries. To schedule an appointment, call 751-5251.





Your health care is a click away

Moncrief Army Community Hospital Integrated Health Clinic Medical Home

With online services from Army Medicine Secure Messaging Service vou can:

- Book appointments
- Request/review lab and test results
- Request medication refills
- Request a referral
- Email your doctor a question
- Schedule web visits with your doctor

It's health care that clicks.

To register for online services ask your health care team in the Integrated Health Clinic Medical Home or visit: http://www.relayhealth.com.

Like the Leader on Facebook.

Log on to your account
and search for "Fort Jackson Leader."

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE Photos by OITHIP PICKERT, Public Affairs Office



Staff Sgt. **Clint Alexander** Company B 1st Battalion, 34th Infantry Regiment

HONOR GRADUATE OF THE CYCLE

Spc. Christopher Hoffman

STUDENT LEADER OF THE CYCLE

Spc. Jonathan May

HIGH BRM Pvt. Levi Nelson

Spc. Nena Garcia

HIGH APFT SCORE



Staff Sgt. Lorenzo Moody Company C 1st Battalion, 34th Infantry Regiment

HONOR GRADUATE OF THE CYCLE Pvt. John Bourk

STUDENT LEADER OF THE CYCLE Pvt. Toby Blair

HIGH BRM Pfc. Dameon Shelby

HIGH APFT SCORE Pvt. Jorge Gomez

Staff Sgt. Rashid Jones Company D 1st Battalion, 34th Infantry Regiment

HONOR GRADUATE OF THE CYCLE Pvt. Joshua Tallant

STUDENT LEADER

OF THE CYCLE Pvt. Caitlin Bellasai

HIGH BRM

Pvt. Christian German **HIGH APFT SCORE** Pvt. Kelvin Cabassa

Weekly honors



Staff Sgt. Christopher Gibson Soldier of the Week USARCENT



Staff Sgt. **Charles Campbell** Drill sergeant of the cycle Task Force Marshall



2nd Lt. Jessica Pan Distinguished honor graduate Basic Officer Leader Course Adjutant General School



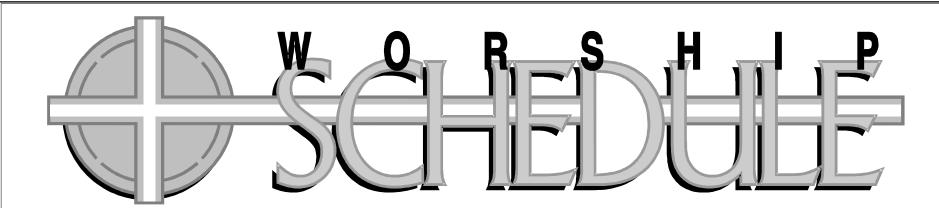
2nd Lt. Shasta Davalos Distinguished honor graduate Basic Officer Leader Course Adjutant General School

LEGAL NOTICE

Anyone with debts owed to or by the estate of Pvt. Justin L. Curry must contact 1st Lt. Lepolia W. Wiggins the summary court martial officer for the Soldier. Curry passed away Jan. 3 in Laurel, Miss. To contact Wiggins, call 751-1630 or email lepolia.w.wiggins.mil@mail.mil.

> Like us on Facebook. Log on to your account and search for "Fort Jackson Leader."

Follow the Leader on Twitter at www.twitter.com/fortjacksonpao.



PROTESTANT

■ Sunday

8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)

9 a.m. McCrady Chapel (SCARNG), McCrady Training Center

9:30 a.m. Hispanic, Post Theater

9:30 a.m. Main Post Chapel

10:15 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (second service)

10:45 a.m. Sunday school, Main Post Chapel

11 a.m. Memorial Chapel

11 a.m. Chapel Next, Bayonet Chapel

Protestant Bible Study

■ Monday

7 *p.m.* Women's Bible study (PWOC), Main Post Chapel ■ Tuesday

9 to 11:30 a.m. Women's Bible study (PWOC), Main Post Chapel

■ Wednesday

6 p.m. Gospel prayer service, Daniel Circle Chapel 7 p.m. Gospel Bible study, Daniel Circle Chapel

■ Thursday

11:45 a.m. to 12:30 p.m. Fresh encounter Bible study, Chaplain Family Life Center

Protestant Youth of the Chapel

■ Saturday

11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)

■ Sunday

 $5\ to\ 6:30\ p.m.$ Club Beyond youth group, Chaplain Family Life Center

CATHOLIC

■ Monday through Thursday

11:30 a.m. Mass, Main Post Chapel

■ Sunday

7:30 a.m. Confessions, Solomon Center 8 a.m. IET Mass, Solomon Center 9:30 a.m. CCD (September through May), Education

9:30 a.m. CCD (September through May), Education Center

9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel

9:30 a.m. Religious ed class for children (September through May), Main Post Chapel

10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel

11 a.m. Mass (Main Post Chapel)

12:30 p.m. Catholic youth ministry, Main Post Chapel

■ Wednesday

7 p.m. Rosary, Main Post Chapel 7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel

ANGLICAN/LITURGICAL

■ Sunday

8 a.m. Anderson Street Chapel

ISLAMIC

■ Sunday

8 to 10 a.m. Islamic studies, Main Post Chapel

■ Frida

12:45 to 1:30 p.m. Jumah services, Main Post Chapel

JEWISH

■ Sunday

9:30 to 10:30 a.m. Worship service, Memorial Chapel 10:30 to 11:30 a.m. Jewish book study, Post Conference Room

CHURCH OF CHRIST

■ Sunday

11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

■ Sunday

9:30 to 11 a.m. Anderson Street Chapel

■ Wednesday

3 to 5 p.m. LDS family social, Anderson Street Chapel

■ Wednesday

7 to 8 p.m. LDS scripture study, Anderson Street Chanel

ADDRESSES, PHONE NUMBERS

Anderson Street Chapel

2335 Anderson St., 751-7032

Bayonet Chapel

9476 Kemper St., 751-6322/4542

Daniel Circle Chapel

3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478

Education Center

4581 Scales Ave.

Chaplain Family Life Center

5460 Marion Ave (to the side of the POV lot), 751-4961

Magruder Chapel

4360 Magruder Ave., 751-3883

Main Post Chapel

4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681

McCrady Chapel (SCARNG)

3820 McCrady Road (located at McCrady Training Center)

Memorial Chapel

4470 Jackson Blvd., 751-7324

Warrior Chapel (120th AG Bn.)

1895 Washington St., 751-5086/7427

Installation Chaplain's Office

4475 Gregg St., 751-3121/6318